

Health Minute™

Fish oil and statins make a good team...

A Japanese study called JELIS was recently published in the March 31 issue of the medical journal *Lancet*. This study followed 18,645 subjects (average age 61, 31% male) for 4.6 years. There were two major groups in the study. Both groups took a low-dose cholesterol medication (statin) but one group added 1800mg of the Omega-3 fatty acid EPA. At the end of the study, the EPA + statin group had 19% fewer major coronary events (non-fatal heart attack, angioplasty, or bypass surgery) than the group who took the statin alone. Why? Scientists found that people with high levels of EPA in their blood have low levels of Arachidonic Acid (AA) a chemical that causes inflammation. Less inflammation in the arteries means a lower likelihood of plaque rupture, one process that contributes to heart attack. One more reason to add cold water fish and fish oil to your daily routine.



Study Highlights	Study Highlights
<p>Subjects took either 5mg simvastatin or 10mg pravastatin. Half added 1800mg EPA. Both groups had similar LDL-C reductions but the EPA group had fewer coronary events. There was no difference in all-cause mortality between groups. The EPA group experienced a larger decrease in triglycerides than the statin only group.</p>	<p>Study subjects were Japanese – people whose diet contains large amounts of cold water fish. The average fish oil supplement contains 180mg EPA which means you need 10 gelscaps daily. Higher quality fish oil supplements such as Arctic Fresh™ contain 529mg EPA, meaning you need 4 gelscaps daily.</p>